

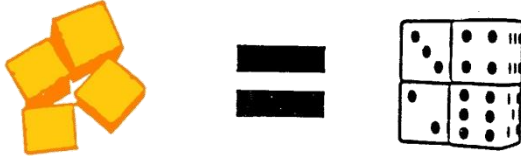
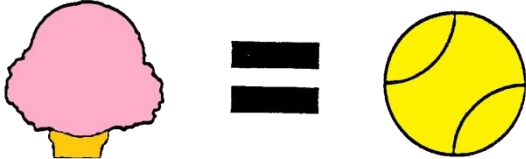


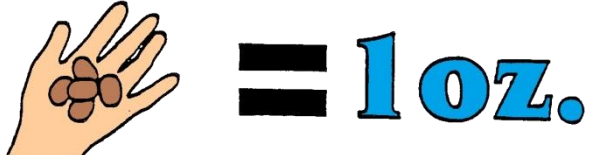


Size Your Servings

You may be eating more than you realize, measuring serving sizes let you track how much food you're eating. You should **enjoy** your food, but *eat less to avoid oversized portions*. When a food scale or measuring cups aren't handy, you can still estimate serving sizes.

<p>Meat Group</p> <p>3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.</p>	
<p>Fruit Group</p> <p>A medium apple or peach is about the size of a tennis ball.</p>	
<p>Dairy Group</p> <p>1 oz of cheese is about the size of 4 stacked dice.</p>	
<p>Fats and Oil Group</p> <p>½ cup of ice cream is about the size of a racquetball or tennis ball.</p>	
<p>Vegetable Group</p> <p>1 cup of broccoli is about the size of your fist</p>	
<p>1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p>	
<p>1 ounce of nuts or small candies equals one handful.</p>	

Building a healthy plate can help you maintain your weight and feel great. Foods like vegetables, fruits, whole grains, low-fat dairy and lean protein contain nutrients you need without too many calories.

How much should you eat?

- 5-6 servings of Grains for fiber
- 3-4 servings of vegetables for vitamin A
- 3-4 servings of fruit for Vitamin C
- 2-3 servings of meat for protein
- 2- 3 servings of dairy for calcium



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**